

Recipe of Spicy Blueberry-Fruit Salsa

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Fresh blueberries are available year round and are most abundant in midsummer-ready to blend into smoothies, toss into your favorite chicken salad, or sprinkle over lemon meringue or cream pie. You should know that blueberries are loaded with antioxidants. Studies show that antioxidants may help reduce the buildup of cholesterol that contributes to cardiovascular disease, stroke and other age-related diseases.

Recipe of Spicy Blueberry-Fruit Salsa Ingredients :

- • 4 cups fresh blueberries
- • 1 teaspoon grated lime peel
- • 2 tablespoons sugar
- • 1/8 teaspoon ground red pepper
- • 2 tablespoons lime juice
- • 1 1/2 cups diced mixed fruit (such as melon, grapes, pineapple or kiwi)
- • 1/8 teaspoon salt
- • 1/2 teaspoon ground allspice
- • 1/8 teaspoon ground black pepper

Recipe of Spicy Blueberry-Fruit Salsa Methods :

- • In a small bowl, combine blueberries, mixed fruit, sugar, lime juice, lime peel, allspice, red and black peppers and salt
- • Serve immediately or refrigerate covered, up to 4 hours.

Mildly spiced blueberry salsa adds zest to dessert.